



Desert Insight Meditation Sitting Group

Wednesday evenings From 6:30-8:00pm

With Community Dharma Leader Lhasha Tizer

You are invited to join a weekly Sitting Group with other like-minded people in the Insight Meditation Tradition. We will meet together weekly to meditate, listen to Dharma talks, have group discussions, and practice mindful inquiry. This weekly group is open to beginner meditators, intermediate students and long-time practitioners. All are welcome to participate as often as you wish. The topic of each week's group will vary and be from 2-4 weeks in duration and will be directly related to Buddhist teachings. The intention is to develop continuity in practice.

Spiritual friendship is one of the great gifts of being in a spiritual study group, also known as community or sangha. Our group is the Desert Insight Meditation Community. In joining and participating we begin from the place of holding spiritual friendships in the forefront of our practice together. We accept all members equally respecting our diversity, ethnicity, race, gender, religion and to meet others where they are without judgment, to honor their process, to listen mindfully, and to speak from a mindful place without harm and with loving kindness. We come to know that we can be safe, supported in our practice, and engender trust in others.

It is important to the future of TCMC to observe mindful parking by not parking on the same block as the Center and by leaving an empty parking space in front of the homes on the neighboring blocks. Please reserve TCMC driveway parking for people who cannot walk far. Thank you!

Location: Tucson Community Meditation Center 1231 E Edison, Tucson, AZ

Directions: One block S of Grant and 2 houses W of Mountain.

TCMC Fee: \$5-\$7 per class. **No one will be turned away due to inability to pay.*

***The practice of Dana or generosity for the teacher helps to support Lhasha in continuing to offer these priceless 2,600 year old teachings of the Buddha. Suggested donation \$10.00.**

Registration: Advanced Registration is **not** required

Contact: Lhasha Tizer at: 520-321-3670 or lhasha9@gmail.com

Lhasha Tizer, MS has been practicing, teaching mindfulness meditation and Buddhist Studies for 40 years. She teaches for Desert Insight Meditation and is a Community Dharma Leader from the Spirit Rock Program and has been teaching at TCMC since 2,000.